

CLASS DESCRIPTIONS

Developed Skills Required: Average or better strength, balance, and cardiovascular endurance. Classes require fast paced movements, contain multiple directional/pattern changes and complex directions. Participants should expect 30-minute minimum endurance exercise in most classes. Some pool classes contain exercises without feet touching the pool floor.

Basic Skills/Knowledge Required: Lower than average strength, balance, and cardiovascular endurance. Classes contain a variety of movements and complex directions. Bursts of exercises and challenges are used to improve overall strength, balance, and endurance.

Beginner Skills: Lower than average strength, balance, and cardiovascular endurance. Classes feature simple, easy to follow range of motion and flexibility exercises. Light endurance exercises challenge balance and strength. Exercises are performed seated or a chair can be used for stability in land-based classes.

Arthritis Stretch: [Wednesday 1:00-1:45pm](#)

A perfect class for those individuals wanting to start an exercise program. The class consists of basic strength, flexibility and range of motion exercises for an over all workout [Basic Skills Required](#)

Aqua Flow: [Saturday 9:30-10:15am](#)

A low to moderate-intensity workout that will burn calories, build strength, improve core stability/balance, and increase flexibility. This total body cardio workout will warm you up and then cool you down with relaxing Ai Chi. [Basic Skills Required](#)

Circuit Power: [Wednesday 10:00-10:45](#)

This simple high energy/toning circuit class features a series of exercises focusing on cardiovascular and muscle strength. Participants will go station to station alternating between cardio and strength training varying 1-3 minutes. [Developed Skills Required](#)

Loose and Limber-Seated: [Friday 11:00-11:30am](#)

A gentle way to build muscle strength and stay flexible while being seated. We have combined our seated chair class and ball class to create a fun environment to sit and be fit. [Beginner Skills Required](#)

PWR! Moves: [Wednesdays 3:00-3:45 pm](#)

Exercises in this class will focus on everyday movements performed with large amplitude, high effort, and attention to action in multiple positions. Participants will learn how to use foundational PWR! Moves exercises to target Parkinson's symptoms that interfere with everyday movement. [Basic Skills Required](#)

Stability and Balance: [Wednesday and Saturday: 11:00-11:45am](#)

Improving balance enhances our overall fitness and ability to perform everyday activities. Join us as we build core strength to cultivate posture and stability, strengthen our lower body, and improve joint mobility. We will also perform exercises to build stamina. This multicomponent approach is based on the ABLE Bodies Balance Training Program (Adventures in Better Living through Exercise). [Basic Skills Required](#)

Strength and Stretch [Wednesday 11:00-11:30](#)

This class is taught to fun tunes while building strength, dynamic balance, and range of motion. Exercises can be done standing beside a chair or seated while using weights and bands. Can't "weight" to see you there! [Basic Skills Required](#)

Walking Club: [Tuesday & Thursday 9:30-10:00am](#)

Walking has great benefits both cognitive and physical. Join your neighbors for a short stroll around the surrounding areas of Summit Place. This class is peer led and will consist of 30 minutes or one mile. [Developed Skills Required](#)

Water Aerobics: [Tuesday & Thursday 9:00-9:45am](#)

This fast paced class uses high(er) intensity interval training to improve overall strength and cardiovascular endurance. Move to music from the oldies and today's hits. [Developed Skills Required](#)

Yoga and Meditation with Meagan: [Monday 10:00-10:45](#)

This guided yoga and meditation class will bring your through different poses of the seven traditional forms of yoga. This class is practiced seated or standing using a chair for support and will focus on yoga postures, breathing techniques, stretching, relaxation and meditation. [Basic Skills Required](#)

Yoga Video With Shelly [Friday: 10:00-10:45am](#)

This safe and gentle form of yoga is practiced sitting on a chair or using a chair for support. This class will focus on breathing techniques, stretching, yoga postures, meditation, and relaxation. No experience necessary. [Basic Skills required](#)



SUMMIT CLUB
PROMOTING WELLNESS FOR A VIBRANT LIFE

MAY 2022

Athlete of the Month

Please join us in congratulating May's Athlete of the Month, Cletus Benjamin! Cletus has been hard at work preparing to get in shape for his mission trip to Panama. Read below to hear more about Cletus's fitness journey!



1. Why is health, wellness and fitness important to you?

I need my strength in order to do the things that are important to me, such as volunteer, activities, and walking my very active Springer Spaniel, Lizzie.

2. What are some things you do to help maintain or improve your health?

I do lots of walking, biking with my daughter in good weather, and using the Summit Club equipment and exercise classes.

3. What are some of your hobbies?

I like to be involved in community volunteer activities. Currently, I help PROP by delivering food from a supermarket to the food bank.

4. Has fitness always been an important component in your life? If so, how?

I've always been involved in sports as a participant.

5. Tell us a fun fact about yourself?

I've visited 47 states, 29 countries, 7 Canadian provinces; lived in England for almost 4 years and will be in Panama in April.

6. What is your favorite machine in the health club?

I haven't decided yet. The machine or machines that help me build strength are the most important.

7. Favorite class or club activity?

It's probably a contest between Happy Hour and Andrea's Saturday morning exercise class.

Continued....

8. What advice would you give to others working towards a balanced lifestyle, healthy living and fitness?

Try to push yourself to do it—find a way to motivate yourself.

HydroWorx

The HydroWorx pool is up and running! We will be continuing the special of BOGO through the month of May. Purchase one HydroWorx session for full price and receive an additional session for 1/2 price! To schedule your individual session please call x1021 or speak to club staff.

Walkers Wanted!

Walking is a great exercise for older adults. The benefits of the exercise are countless and have positive effects both cognitive and physical health.

We are looking for participants to join a walking group to walk around the surrounding areas of Summit Place! This group will meet twice a week, Tuesdays and Thursdays, at 9:30 a.m. in the IL lobby beginning May 3rd. The goal of each walk will be about one mile or 30 minutes. This group will be peer led and you will be responsible for your own safety. The first day will consist of a short informational meeting regarding more details about the walks and safety tips. Please contact Shirley Lynch at 995-1166 or the health club at 995-1021 for more information.

Survey

We need your feedback! Keep an eye out for a short survey from the health club in your in-house mailboxes regarding classes. Please return the survey to the health club by Monday, May 16th.

Circuit Power!

Beginning May 11th, Join Andrea and myself for Circuit Power on Wednesdays at 10:00am. This simple high energy/toning circuit class features a series of exercises focusing on cardiovascular and muscle strength. Participants will go station to station alternating between cardio and strength training for intervals varying 1-3 minutes. This class requires developed skills and will replace Yoga with Shelly.

Summit Club Hours (unless otherwise noted)

Monday
7:00am-3:00pm
Tuesday-Friday
7:00am-4:00pm
Saturday
8:00am-1:00pm
Sundays and Holidays
Closed

**The Club closes
12:00pm-1:00pm,
Monday-Friday**

Room Key

A/L— AL Library
HC—Health Club
HW—HydroWorx
P—Pool
PR—Performance Room
CR—Card Room
CH—Chapel
ILDR— IL Dining Room
AR — Activity Room

Location and Contact Information

8505 Flying Cloud Drive
Eden Prairie, MN 55344
www.summitplacecampus.com
952-995-1006

Summit Club

952-995-1021
Laurie Sparks, Director of Wellness
952-995-1022
Andrea Perkins, Fitness Coordinator
952-995-1021
Park Nicollet Clinic (HydroWorx Physical Therapy)
952-993-7470

**Teacher: What is
the shortest
month?**

**Student: May, it
only has three
letters.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 10:00-10:30 Yoga with Meagan (PR) 10:30-10:45 Meditation with Meagan	3 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR) * No Water Aerobics*	4 10:00-10:45 Yoga video with Shelly (PR) 11:00-11:30 Strength and Stretch (PR) 1:00-1:45 Arthritis Stretch (P) 3:00-3:45 PWR (PR)	5 9:30-10:00 Walking Club *No Water Aerobics* *No Stability and Balance*	6 10:00-10:45 Yoga video with Shelly (PR) 11:00-11:30 Loose and Limber—seated(PR)	7 9:30-10:15 *Class Change* Water Aerobics *No Stability and Balance*
8 Closed	9 10:00-10:30 Yoga with Meagan (PR) 10:30-10:45 Meditation with Meagan 11:00-12:00 What to do if you fall?- Presentation from Hayley Douglas, PT— Ascend Rehabil- itation	10 9:00-9:45 Water Aerobics (P) 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR)	11 10:00-10:45 *NEW* Circuit Power! (PR) 11:00-11:30 Strength and Stretch (PR) 1:00-1:45 Arthritis Stretch (P) 3:00-3:45 PWR (PR)	12 9:00-9:45 Water Aerobics (P) 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR)	13 10:00-10:45 Yoga video with Shelly (PR) 11:00-11:30 Loose and Limber—seated(PR)	14 9:30-10:15 Aqua Flow (P) 11:00-11:30 Stability and Balance (PR)
15 Closed	16 10:00-10:30 Yoga with Meagan (PR) 10:30-10:45 Meditation with Meagan	17 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR) *No Water Aerobics*	18 10:00-10:45 *NEW* Circuit Power! (PR) 11:00-11:30 Strength and Stretch (PR) 1:00-1:45 Arthritis Stretch (P) 3:00-4:00 Support Group (AR)	19 9:00-9:45 Water Aerobics (P) 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR)	20 10:00-10:45 Yoga video with Shelly (PR) 11:00-11:30 Loose and Limber—seated(PR)	21 9:30-10:15 Aqua Flow (P) 11:00-11:30 Stability and Balance (PR)
22 Closed	23 10:00-10:30 Yoga with Meagan (PR) 10:30-10:45 Meditation with Meagan	24 9:00-9:45 Water Aerobics (P) 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR)	25 10:00-10:45 *NEW* Circuit Power! (PR) 11:00-11:30 Strength and Stretch (PR) 1:00-1:45 Arthritis Stretch (P) *No PWR*	26 9:00-9:45 Water Aerobics (P) 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR)	27 10:00-10:45 Yoga video with Shelly (PR) 11:00-11:30 Loose and Limber—seated(PR)	28 9:30-10:15 Aqua Flow (P) 11:00-11:30 Stability and Balance (PR)
29 Closed	30  *Club Closed*	31 9:00-9:45 Water Aerobics (P) 9:30-10:00 Walking Club *No Stability and Balance*	Is This Class Right For Me? It is important that you are participating in the right class for you. You will see greater improvements when performing exercises that are designed for your current fitness level. The last page of the calendar features class descriptions, including ability levels. If you are unsure what classes are right for you, please see staff for assistance.			